

# Parental Help for Parents and Carers for children staying safe online.



## Family activities

Each of these family activity sheets have a selection of short conversation starters, practical tips and fun tasks to do as a family.

### [Family activity sheet - viewing videos online](#)

This activity sheet focuses on watching videos online. With a choice of 3 conversation starters, 3 online safety actions and 2 fun family tasks, you can learn together about watching videos safely online.

### [Family activity sheet - cyber security](#)

This activity sheet focuses on cyber security, and we have worked with the [National Cyber Security Centre](#) to help you be more Cyber Aware.

### [Family Activity sheet - social media](#)

This activity sheet focuses on social media. With a choice of 2 conversation starters, depending on if your child is on social media, 3 online safety actions and a fun family tasks, you can learn together about safer social media use.

### [Family Activity sheet - sharing images](#)

This activity sheet focuses on sharing images online. With a choice of 3 conversation starters, 3 online safety actions and a fun family tasks, you can learn together about safer image sharing.

### [Family Activity sheet - live streaming](#)

This activity sheet focuses on live streaming. With a choice of 3 conversation starters, 3 online safety actions and a fun family tasks, you can learn together about how to be safer when live streaming.

### [Family Activity sheet - online gaming](#)

This activity sheet focuses on online gaming. With a choice of 3 conversation starters, 3 online safety actions and a fun family tasks, you can learn together about safer online gaming.



## ParentZone

Get practical tips about online safety.

[Turn your family into Internet Legends! — Parent Zone – Parents' area](#)

[What should kids know about internet safety? — Parent Zone – Parents' area](#)



## Play Interland

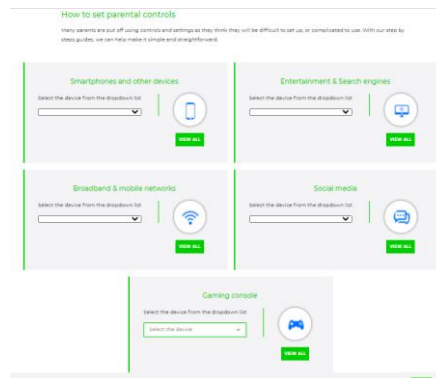
Interactive online safety game.

[Interland \(beinternetawesome.withgoogle.com\)](http://beinternetawesome.withgoogle.com)

## Parental help for setting age-appropriate parental controls on devices and internet filters to block malicious websites.

Searchable site with dropdown lists

[Parental Controls & Privacy Settings Guides - Internet Matters](#)



## Parental information about the latest social networking and messaging app, a useful resource to help you keep your children safe online.

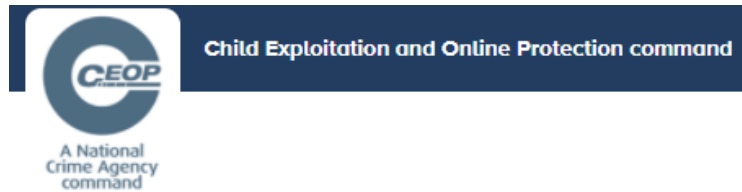
[Social networking and messaging apps guide | Internet Matters](#)

### Top social networking and messaging apps popular with children

We've compiled a list of the most popular social networking and messaging apps that children are using and the potential risks they may expose children to. You'll also find links to relevant safety pages or independent third-party articles and opinions with further information about specific apps.

YouTube app	+	Snapchat	+
Instagram	+	WhatsApp	+
TikTok	+	Twitter	+
Facebook	+	Discord	+
Facebook Messenger	+	Telegram Messenger	+

Are you worried about online sexual abuse or the way someone has been communicating with you online?



[Make a report](#) to one of CEOP's Child Protection Advisors

<https://www.ceop.police.uk/safety-centre/>

**childline**

**ONLINE,  
ON THE PHONE,  
ANYTIME**

[childline.org.uk](http://childline.org.uk)

0800 1111

**Are you being bullied?**

[Childline | Childline](#)